

# Celebrity Workout: Take to the Soccer Field with Celebs



By [Emily Green](#)

Picture it: You're flipping channels on TV and thinking about looking for a new way to exercise, and you come across a soccer game. That's it! While soccer isn't the most popular sport, plenty of celebrities like [Justin Bieber](#) and Will Ferrell play pick up games of soccer quite frequently, just to get some exercise! Follow these [fitness tips](#) so soccer can be your next great go-to exercise.

## Soccer is a great celebrity workout

# that many stars love to do in their down time! What are some benefits to adding soccer into your exercise routine?

Soccer is an exercise that works out all parts of your body, even if you don't realize it. Here are some of Cupid's reasons to why you should add soccer to your exercise routine:

**1. Increases aerobic capacity:** Running for more than 90 minutes increases one's stamina. By practicing soccer everyday, one can increase their overall running stamina.

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**2. Improves cardiovascular health:** The average soccer player can run anywhere between 5 and 7 miles per game. By constantly running and sprinting in each game and practice, the player's heart rate continues to go up, making it a great example of cardiovascular exercise.

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**3. Lowers body fat and improves muscle tone:** Soccer is the prime way to burn off any unwanted body fat. Soccer is an exercise that typically burns more calories than other exercises, so players go between both aerobic and anaerobic exercises while playing.

**4. Increases confidence and self-esteem, and helps to reduce anxiety:** Building strength and endurance while exercising can benefit people's self confidence and self esteem off the field. While exercising, endorphins are released that are known to be major stress and anxiety reducers that will

benefit one's overall mental health.

**What are some other benefits to adding soccer into your exercise routine? Let us know in the comments below!**